

# Centereach Pool

Centereach Pool will be offering 4 sessions this summer. Swimming lessons meet Monday through Friday for two consecutive weeks. All class times are subject to change and pending instructor availability. Proof of age (birth certificate or passport) must be shown for all children ages 7 and under even if they have had lessons with us previously. For the benefit of each child, especially the younger ones, it is important that the minimum age be observed. All participants will be evaluated the first day and placed into the correct level based on comfort in the water and swimming skills, or by age for 4 and 5 year olds. They will remain in this level for the entirety of the session.

In the event of rain we will still go into the water. It is at your discretion as to whether or not you let your child swim. In the case of thunder or lightning we will not go in the water. The instructors will give a safety lesson, discussing water safety topics and conducting dry land activities. This is a requirement for all Red Cross Learn-to-Swim Levels.

Our program is taught by Red Cross certified water safety instructors. Red Cross certified lifeguards are on duty during lessons.

For additional information or questions regarding swimming lessons, please call 281-2866.

## Session Dates

Session I: July 3 – July 14, 2017 (No lessons, July 4<sup>th</sup>, makeup Sat. July 8<sup>th</sup>)

Session II: July 17 – July 28, 2017

Session III: July 31 – August 11, 2017

Session IV: August 14 – August 25, 2017

**Class Times - All class times are subject to change and pending instructor availability.**

Class	Sessions I – IV
Parent & Child	10:30 a.m.
Preschool (age 4)	9:00 a.m. and 10:30 a.m.
Beginner (age 5)	9:00 a.m. and 10:30 a.m.
Level 1	8:00 a.m., 8:30 a.m. and 10:00 a.m.
Level 2	8:00 a.m., 8:30 a.m. and 10:00 a.m.
Level 3	8:00 a.m. and 8:30 a.m.
Level 4	8:00 a.m.
Teen	8:00 a.m. and 10:00 a.m.

## Registration Dates

*Centereach Pool located at 286 Hawkins Rd., Centereach, NY:*

Monday, June 12, 2017	4:00 p.m. – 6:30 p.m.
Wednesday, June 14, 2017	4:00 p.m. – 6:30 p.m.
Monday, June 19, 2017	4:00 p.m. – 6:30 p.m.
Wednesday, June 21, 2017	5:00 p.m. – 7:00 p.m.
Tuesday, June 27, 2017	3:00 p.m. – 6:00 p.m.
Wednesday, June 28, 2017	10:00 a.m. – 1:00 p.m.
Thursday, June 29, 2017	3:00 p.m. – 6:00 p.m.

*Centereach Recreation Building located at 286 Hawkins Rd., Centereach, NY*

Sunday, June 11, 2017	9:00 a.m. – 1:00 p.m.
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## Swimming Fees for 2017

Class	Resident	Non-Resident
Parent & Child, Preschool, Beginner and Levels 1 – 7	\$85	\$125
Junior Lifeguarding	\$150	\$190
Adult	\$125	\$165
Teen	\$100	\$140
Individual Lessons	\$150	\$200

## Registration Information

When you come to register, look for the yellow signs.

Proof of Age (birth certificate, passport, etc.) must be provided for all children ages 7 and under even if they have had lessons with us before.

Limited enrollment accepted for each class. Classes fill up quickly and are on a first come, first served basis. Once registered you cannot switch sessions or times.

Classes are non-refundable unless cancelled by the Town of Brookhaven as stated on the receipt.

Full payment is due at registration. Payments accepted are credit card (service fee of 2.35% or \$1.50 minimum), money order or check – **no cash payments.**

# Learn to Swim

All children will be individually tested and placed in a class according to their ability.

## Parent & Child

Child must be **6 months old** by the start of the class. The goals of this class are to help children adjust to the water, introduce safety, comfort, and basic skills using equipment, toys, and songs. The person accompanying the child must be at least 16 years old. The sooner they start learning water safety the better!

## Preschool

Child must be **4 years old** by the start of the class. Initial introductory level. The focus is on comfort and safety in and around the water, entering and exiting the water and learning to swim independently.

## Beginner

Child must be **5 years old** by the start of the class. Secondary introductory level. Focus is on safety and comfort in and around the water. Proper flutter kick, breath control, swimming independently. *\*Students who have mastered all skills can be evaluated and placed in a level 1 class after one session in this class.*

## Level 1

Child must be **6 years old\*** by the start of the class (\*see Beginner). Introductory level. Focus is on safety and comfort in and around water. Students will learn proper breath control, how to float, properly kick, enter & exit the water, and swim independently. Front crawl and elementary backstroke will be the primary strokes learned.

## Level 2

To be placed into this class child must perform the skills learned in Level 1: be able to put their face in the water, float unsupported, know elementary backstroke, and be able to swim 1 yard in the water independently. This level focuses on the development of proper stroke mechanics for front crawl and back crawl.

## Level 3

To be placed into this class child must be able to perform the skills in Level 2: swim 15 yards front crawl, back crawl, and elementary backstroke. Proper stroke mechanics necessary! This level focuses on building endurance to swim one full lap without stopping. Introduction of new kicks and deep water entries.

## Level 4

To be placed into this class child must be able to swim 25 yards of front crawl, back crawl, elementary backstroke, and 15 yards breaststroke and sidestroke kick.

Full breaststroke and sidestroke will be introduced as well as diving and endurance swims.

### **Level 5**

To be placed into this class child must be able to swim 75 yards of front & back crawl, 25 yards of breaststroke and side stroke, and complete a 5 minute continuous swim. This level focuses on building endurance for all the previous strokes learned. Dolphin kick, additional dives, and surface dives will be introduced.

### **Level 6**

To be placed in this class the student must be able to swim 250 yards of front and back crawl, 200 yards of breaststroke and side stroke, and a 15 minute continuous swim. The level focuses on perfecting the mechanics for each stroke. Butterfly, additional dives and flip turns will be introduced.

### **Level 7**

To be placed in this class the student must have completed level 6 and can perform correct mechanics for all 6 strokes. In this class students will learn and practice survival skills in and around the water. They will also be doing fitness swimming and be introduced to competitive swimming skills.

### **Adult Lessons**

These 1 hour classes are offered for anyone 18 and older.

For those who are...

- Beginners looking to become comfortable and safe in the water (It's never too late to learn how to swim!)
- Looking to learn new strokes
- Looking to improve stroke technique
- Building endurance, training to swim in an event, to take a Lifeguarding or WSI course, etc.

### **Teen Lessons**

These Classes are designed for teens 13-17 years old.

For those who are...

- Beginners looking to become comfortable and safe in the water (It's never too late to learn how to swim!)
- Looking to learn new strokes
- Looking to improve stroke technique
- Building endurance, training to swim in an event, to take a Lifeguarding or WSI course, etc.

### ***Junior Lifeguarding***

This class is designed to introduce participants to the lifeguarding course. They will learn swimming and lifeguarding skills while building endurance. The Junior Lifeguarding course does not certify participants in First Aid, CPR, AED, or as a Lifeguard, but does teach all skills required of a Red Cross Lifeguarding Course.

Requirements:

- 13 – 15 years old
- Passed Level 5 or can swim 50 yards front crawl and breaststroke, swim for 15 minutes and tread water for 2 minutes.

### ***Private Lessons***

One on One instruction is offered at Holtsville Pool, West Meadow Beach and the Brookhaven Aquatic Center. These 30 minute classes are tailored to the student's abilities and are open to any participants ages 6 and older. The 5 lessons must be within one consecutive week (Monday-Friday). If interested speak with the location supervisor to schedule your lesson time.

### ***Water Safety Aide***

If you are interested in becoming a Water Safety Instructor this is a great place to start. Individuals will work side by side with instructors learning the skills and techniques to aid in the instruction of quality classes. Those interested in becoming a Water Safety Aide must have completed level 5. They should exhibit a strong sense of maturity, enthusiasm, responsibility, and leadership.